

ABSTRACT

An object of the present invention is to provide a composition for promoting sleep, which any one can safely take on a daily basis without any risks of adverse action. In addition, an object of the present invention is to provide food and a medicament, comprising the above-mentioned composition, having an effect for promoting sleep for an individual having sleep disorders. Further, an object of the present invention is to provide a method for promoting sleep comprising administering theanine to an individual having sleep disorders, and use of theanine for preparation of the food or medicament for an individual having sleep disorders.

CONFIDENTIAL